

APS PSHE and RHE MENU

Behaviours linked to Virtues:

Empathy
Compassion
Resilience
Determination
Respect
Humility

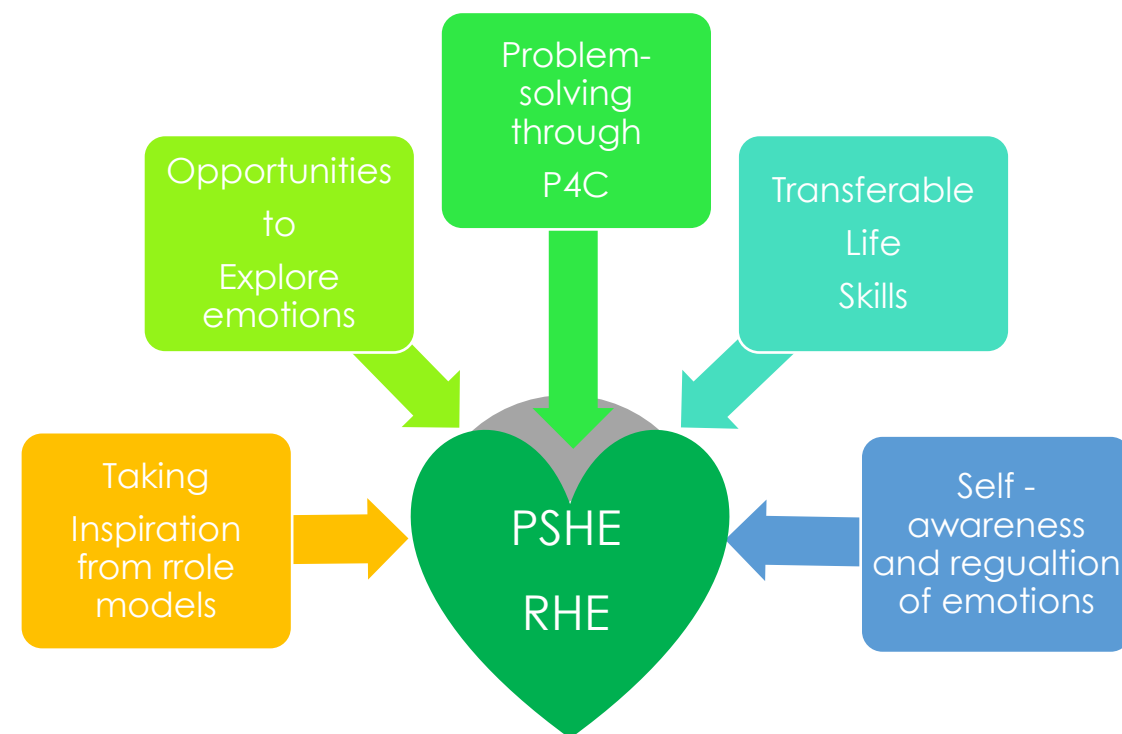
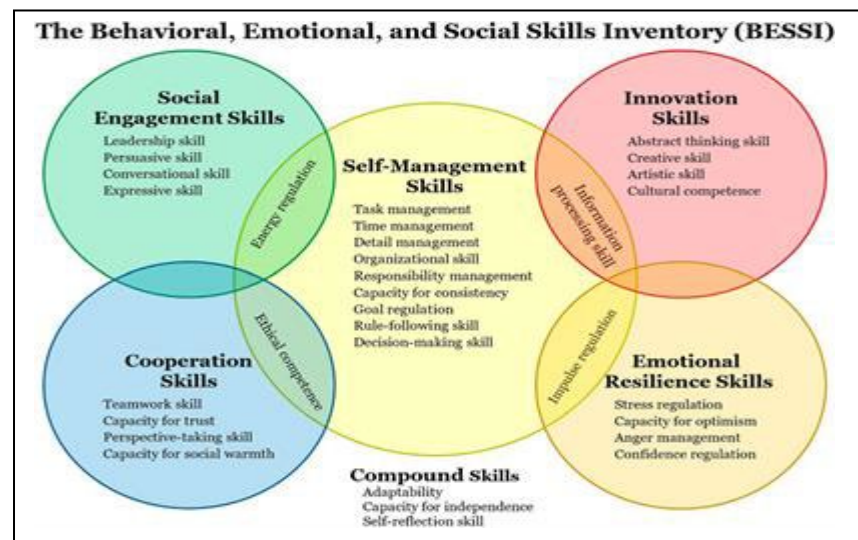
Why do we teach PSHE?

We provide our children with the acquisition and attributes to ensure they become better human beings. Being self-aware, have empathy for others, learn from others, can regulate their own emotions and recognise potential harms, and how and where to get help and support when needed. Teaching these skills through our PSHE and RHE curriculum, which entwines with our Virtues. Thus, preparing children for life in Modern Britain and the Wider World. Learning about democracy and the rule of law. Inspiring our children to be the leaders of the future, the next doctors, politicians, lawyers, carpenters, astronauts. Instilling that everything is possible when we work hard, study, care for others, our planet and our futures. **We provide this via:**

- opportunities for pupils to apply their knowledge cross curriculum
- opportunities for pupils to recognise healthy and unhealthy relationships
- Use P4C techniques to problem solve
- Ability to have a greater understanding and empathy for others
- Ability to accept responsibility, being accountable for our own actions
- Comprehensive puberty and growing up lessons, inclusive of everyone's needs and beliefs

Skills:

Problem-solving
Planning
Democracy
Independence
Collaboration
Evaluation
Able to critique and be critiqued.



Knowledge

How to be Healthy- body soul and mind
Making life choices
Reflective Practice
Technical knowledge
Key Vocabulary/ terminology
Mental Health and Well being
Fact or Fiction - myth busting

Skills linked to:

Food Technology
PE
Wider World
Globalisation
Economics
Politics

Enrichment Events

External Visitors
Trips and Visits
Whole School
Initiatives such as charity work

Links to Science

How the Body Works
Reproductive cycles
Healthy Eating
Healthy Bodies

Links to PE

The importance of keeping healthy and fit
How this impacts on our Mental Health